I would like to wish you and all those close to you a Happy New Year and Merry Christmas!
On behalf of UMAUK we welcome you to 2013 and wish you happiness and joy. We look forward to the challenges and opportunities that this year will bring.

Having survived yet another ‘end of the world’, we all hope that after so many reforms 2013 will bring more stability into the healthcare system of both the United Kingdom and the Ukraine. The implementation of clinical commissioning groups (CCGs) and recent UK parliamentary elections have had a massive impact on the NHS and we have seen many projects and initiatives of the previous government being put on hold or cancelled altogether. The budgetary constraints and changes to the UK government workers pension scheme, have seen the first strike of UK doctors in almost 40 years. 2012 was a difficult year on all counts on the continent as well and our cordial ‘bon courage’ message goes out to our colleagues working in the countries most disturbed by the ongoing economic recession. Ukraine has also felt its share of both economic crisis and concurrent healthcare reforms last year. A combination of those two happening at the same time is most upsetting for many people. Perhaps one thing that both Ukrainian and British policy makers share is the vision of ultimately empowering general practitioners (family doctors) with a dual role as both commissioners and providers of care. That will see GPs taking on responsibility for costs as well as delivery of patient care.
Considering the environment in which we had to operate in our first year of existence, the UMAUK should be very proud of its achievements to date.

I would like to offer up an enormous thanks to the wonderful group of people I had an absolute honour and a privilege of leading through this first year of existence. We, as an organization have achieved a lot:

1. **The creation of a support base** amongst the Ukrainian migrant community.

2. **Engaging with the immigrant healthcare providers** based in the UK.

3. **Establishing good strategic links** with other Ukrainian institutions such as the Ukrainian Ministry of Health, Academy of the Postgraduate Medical Education in Kyiv, clinics Oberih and St. Paraseviji, Ukrainian Cancer Institute, Ukrainian Palliative Care Society, Chapter of International Association for the Study of Pain in the Ukraine, as well as Ukrainian embassy here in London and The Royal College of General Practitioners. We are proud to have a very good working relationship with the British Foreign Office as well as British Embassy in Kyiv.

Permit me to talk about each one of them separately next.
2012 saw the completion of the first stage of our community engagement program. For those of you who are not aware, this project has been heavily supported by both Father Hlib Borys Sviatoslav Lonchyna, Apostolic Exarch for Ukrainian Catholics in Great Britain and the Faculty of the Ukrainian Catholic Cathedral of the Holy Family in Exile. With their help, we were able to setup and run a charity walk-in centre for the benefit of those members of the Ukrainian community unable to access the healthcare within the UK. Ten UMAUK members, all qualified health practitioners working in the UK, over a period of seven months were offering their time and expertise to provide advice and practical suggestions in trying to help with some of the medical challenges so many of our compatriots based in the UK frequently face.

Although it is very hard and possibly too early for us to qualify the impact this exercise had on the overall health of our community, we have certainly come to realise what limited access Ukrainians have to healthcare in London and how much work, education and support needs to be offered to migrant workers. Dr Myron Ciapryna did a great job analysing some quantitative data derived from this project, which he presented in November at our AGM. Dr Galina Zhinchin has taken a lead on preparing a publication based on our findings, which we are hoping to use in the fundraising for the next part of this project.

Considering there are about one hundred thousand Ukrainians living in the UK but only around five thousand of these are registered with a GP, there is a huge amount of unmet needs to address. Overall the findings of this self-selected cohort confirm the widely accepted belief that Ukrainians who move to the UK, particularly migrant workers, suffer from various chronic medical conditions which are exacerbated by poor social and living conditions. Consumption of alcoholic beverages and drug abuse seems to be
Twenty five international medical graduates (IMGs) attended our first workshop which we held in September. We covered the main aspects of qualification process in the UK as well as routes of validating medical qualification in the UK (primarily via the PLAB examination route). Based on this initial success, we are planning two similar events in 2013. Drs Oxana Motyka and Myron Ciapryna will be leading this facet of UMAUK’s activities over this coming year.

The fact that this workshop attracted overseas doctors not only qualified in the Ukraine but also in other countries of the former USSR, trainees from EU, Africa and Far East, gives UMAUK an opportunity to offer a platform of support and networking for many IMGs arriving here in the UK with the hope of continuing their postgraduate medical training. When I first arrived in the UK in mid-1990’s I remember well the difficulties I faced with the preparations for the PLAB exam, constructing a CV and finding a clinical attachments. With approximately thirty five per cent of doctors, practicing in the NHS, qualified overseas, Ukrainians clearly make a very significant contribution to the delivery of healthcare in the UK.

We have many exciting ideas in the pipeline on this front and we hope to attract more and more IMGs by delivering relevant and interesting topics. It is both encouraging and a testament to the quality of the program that many non-Ukrainians were represented in the attendance. Our platform can potentially offer many professionals both first-hand experience and knowledge of the Ukraine as a country and knowledge of Ukrainians living in London with their rich culture and traditions. I see this as our tiny contribution to promoting ‘brand Ukraine’ here in the UK and beyond.

We are extremely grateful to the Ukrainian Institute (affiliated to the Ukrainian Catholic University) and Mr. Andy Hunder, Director of the Institute for his support, kind hospitality and all the work he is doing promoting Ukrainian culture abroad.
I would like to express my gratitude to my British colleagues for the opportunity to attend this short observational course of learning at the Anaesthetic Service in the UK. During the course, I saw the work of Intensive Care units, departments of Anaesthesiology and Pain Services in different hospitals of the NHS. As a person who works in administration, I was very interested to observe the differences in structure of different hospitals. The Acute and Chronic Pain Service is especially noteworthy. I had an opportunity to find out more about methods of patients’ examination and using pharmaceutical and drug-free treatment. I would like to express my special gratitude to Dr Andrew Baranowski for the chance to observe invasive methods of pain syndromes treatment and using neurostimulators.

The accommodation and social program during my visit to London were extremely well organized due to the efforts of Ms Sandra Fairley, who is a wonderful woman with a splendid sense of humor. My two weeks in London were a full and rewarding scientific and cultural program.

In September 2012, I had the opportunity to be acquainted with the experience of the leading clinics in London. I learned a lot of new approaches and technologies. All this time for two weeks, I was surrounded by the attention, warmth and friendly support of our British colleagues. In this spare time, I was able to enjoy the magnificent views of London, museums and landmarks. I would like to thank for obtained valuable experience and enjoying our conversations.

Andriy Strokan  
Deputy Chief of Clinical hospital "Feofania", Assistant Professor of the Department of Anaesthesiology and IT of National Medical Academy for Postgraduate Education, Kyiv, UA

Sergiy Nedashkivskiy  
Associate Professor of the Department of Anaesthesiology and IT of National Medical Academy for Postgraduate Education, Kyiv, UA
My training course was not very long—only two weeks, but during this time I had a fine opportunity to get known with the experience of our Britain colleges in Neurocritical Care. The first, what has impressed me very deeply is the fact, how perfect are the British nurses educated! They study constantly. The young nurses, who come in the ICU have several levels of education. From their first day, they work as probationer with experienced nurse during 6 months. Every week nurse-probationer has an exam according the plan of her education course, there are a lot of trainings for such young nurses. The work of young nurse is controlled by the experienced nurse, by the senior nurse of the shift, by the education nurse, clinical nurse specialist. There are also special education nurses in the ICU team. The education nurses are responsible for the postgraduate education of nurses. Every week there is a team-day. On this day, free of work, different workshops take place in SICU. For example, I took part in such workshops as: prophylaxis of bedsores, care of central venous lines, monitoring of critically ill patient. The young nurses also make presentations and lections for different topics of critical care. If the nurse-probationer successfully passes the exam after 6 months of training, she can work with patients. But this is not the end of education; there is a special program for the working nurses. The education of nurses is checked by different tests. The nurses, as the doctors, make scientific work, create presentations, deliver lections on different conferences. The ICU nurses always discuss how they can improve the care of critically ill patients. There is a very interesting aspect of nursing care, that impressed me very much— it is outreach service, that means ICU without walls. If the patient is discharged from the ICU to the ward, the patient still needs infusion therapy, antibacterial drugs, anticoagulation therapy, monitoring. But not always the patients can receive this care in the wards, so sometimes the patients deteriorate in the wards and such patient needs readmission into the ICU. In the National Hospital of Neurosurgery and Neurology was made an audit and the ICU nurses made a conclusion that it is necessary to make everyday rounds in the wards in order to examine the patients that were discharged from the ICU. The outreach nurses help the nurses in the wards to correct the infusion therapy, to make ECG, if the patient has cardiac dysfunction, they also help in activation and rehabilitation of patients. The key moment is that the ICU and wards work as one team. The outreach service prevents the readmissions to the ICU.

Anastasia Davydova
Clinical Nurse in Surgical Critical Care Unit of Emergency Municipal Hospital, Kyiv, UA

I had two weeks of medical training in London from 31.09 to 14.09.2012. During this time I had the opportunity to visit 4 London hospitals – National Hospital of Neurology and Neurosurgery, University College Hospital, Royal London Hospital and Heart Hospital. I observed the work of acute pain teams, chronic pain teams (in-patient and out-of-patient), ICU and anesthesiology departments in those hospitals.

Kateryna Belka
Anaesthetist-intern, trainee year 2, National Medical Academy of Postgraduate Education, Kiev city clinical

Travel Fellows 2012 take
Ms Galina Boggis-Rolfe, head of the conference committee, did a phenomenal job in putting this event together. This conference which took place in Holland Park in London, attracted more than sixty delegates and was focused on the healthcare reforms in family medicine, taking place in the Ukraine at the moment. One of our excellent key note speakers was Professor Claire Gerada, Chairwoman of the Royal College of General Practitioners. As well as Dr John Spicer, Head of GP School at the London Deanery and Dr Nina Hojda from the Ukrainian Academy of Postgraduate Medical Education. They shared their experience and knowledge of general practice, suggesting future collaborative ideas. UMAUK will spend a lot of time and effort in the future nurturing this partnership. Doctors Gerada and Spicer have also kindly given us access to a lot of written material on the UK model of general practice service delivery as well as GP training (which I will be putting online soon).

With the help of Dr Roxolana Horbowyj, coordinator of CITKA - the international CPD network of Ukrainian doctors, more than 50 delegates from variety of countries including Brazil, Canada, United States, Germany, Austria and of course Ukraine were able join in via the webinar and fully participate in the event. This interface enabled many Ukrainians not living in the UK to take part in the conference from the comfort of their own homes. The online interface allowed them to ask questions and engage in constructive discussions with the speakers and other delegates. We also managed this year to record all the lectures and I will make them available online at the www.umauk.com in due course once the contents had been formatted and appropriately edited.
2012 will also be remembered for the UMAUK excellent social dinners. We were able to organise two of those events: first one being hosted in the British Museum (see the picture to the right) and the other one - at the National Portrait Gallery.

Combining UMAUK events with the wonderful venues London can offer is one of many things I would like to expand next year. Despite all of us being very busy, it would be great if we could get together with our partners and close friends as much as possible in 2013.

Joint charity events together with the British-Ukrainian City Club or Association of Ukrainians in Great Britain should be high on our to-do list for 2013.

UMAUK has a lot of work ahead of it in 2013. We are a young organization, which will continue to work on exciting and new projects. Our future growth will require us to strengthen our existing projects whilst branching out and sharing our experience with other organisations in order to allow us growth further.

We also need to do more in order to promote ourselves and our projects for the benefit of a growing number of our beneficiaries. Ad-hoc media engagement should become more substantive and more frequent in its occurrence.

We are privileged to be based in the most vibrant city in the world! London has become a permanent home to many of our compatriots from different walks of life. This city is one of the most cosmopolitan places in the world and promotion of our charished Ukrainian culture remains high on our agenda.
In April 24-25, 2013 we will hold our Fifth British Ukrainian Symposium in Intensive Care, Anaesthesia and Pain Medicine. This will be hosted in the Feofanija hospital. As the proportion of aging population is increasing all over the world, elderly patients present a challenge to many medical specialties. The British Ukrainian Symposium will provide insight into the world-class acute medical care, critical care and decision making around end of life care. BUS5 will also cover other aspects of medical care for the elderly such as medico-legal and the socio-economic challenges that this patient group presents.

In addition to the usual batch of Ukrainian doctors visiting variety of specialist centres here in the UK, it is our pleasure to be able to announce a new training scheme. Shortly, we will be advertising two or three posts to be filled over the next three years with two essential requirements:

1. Applicants must be practicing doctors in Ukraine.
2. Applicants must also have a strong desire to foster a strong interest outside of medicine. Examples would include space medicine, ancient history, mathematics or anything else you would like to pursue, which is not part of your general medical curriculum.

Watch this space pending future funding!!!

On behalf of UMAUK I wish you a happy and prosperous 2013.

With kind regards,

Roman Cregg
UMAUK President
Смачної куті!